

## FREE MENTAL HEALTH SMARTPHONE APPS FOR VETERANS

### US DEPARTMENT OF VETERAN AFFAIRS, SMARTPHONE APPS



**The Mindfulness Coach App** provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings. Mindfulness Coach can be used alone, but is not intended as a substitute for therapy.



**The PTSD Coach App** helps you learn about and cope with the symptoms related to Posttraumatic Stress (PTS) that occur following trauma. PTSD Coach can be used alone, but is not intended as a substitute for mental health treatment.



**The Virtual Hope Box (VHB)** contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.



**Breathe2Relax** is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.



**Moving Forward App** provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries.



**The Concussion Coach App** provides you with resources to help you manage symptoms of concussion or mild to moderate traumatic brain injury. Concussion Coach can be used alone, but may be more helpful when used along with treatment from a provider.



**Parenting2Go App** helps Veterans and Service Members reconnect with their children and provides convenient tools to strengthen parenting skills. Parents can find quick parenting advice; relaxation tools to use when frustrated or stressed; tools for positive communication; and strategies to switch gears between military life and home.



**Stay Quit Coach App** helps you "stay quit" after you stop smoking with tools to control cravings, reminder messages and support links. Stay Quit Coach is best used while in treatment with a therapist or after your treatment has ended.



**MOVE! Coach Mobile (MCM)** is a weight loss app for Veterans, service members, their families who want to lose weight. This 19-week program can monitor, track, and receive feedback regarding progress with weight, diet, and exercise goals. This app also helps teach SMART goals and problem-solving skills to overcome barriers.

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## US DEPARTMENT OF VETERAN AFFAIRS SMARTPHONE APPS, FOR USE WITH THERAPY

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**The ACT Coach App** helps you work with a mental health professional during Acceptance and Commitment Therapy (ACT). ACT aims to help you live with unpleasant thoughts and feelings without avoiding them or being controlled by them. ACT Coach is not a self-help tool and should only be used while in therapy with a provider.

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**The CBT-i Coach App** helps you get the most out of Cognitive Behavioral Therapy for Insomnia (CBT-i) so that you can develop good sleep habits and sleep better. CBT-i Coach is best used while in therapy with a provider.

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**The CPT Coach App** helps you work with your therapist during Cognitive Processing Therapy (CPT). CPT is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you work through your thoughts and feelings about your trauma, and decrease avoidance of difficult memories. The App helps you track your progress, appointments and PTSD symptoms. CPT Coach is not a self-help tool and should only be used while in therapy with a provider.

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**The PE Coach App** helps you work with a mental health professional during Prolonged Exposure (PE) therapy. PE therapy is used to reduce symptoms of Posttraumatic Stress Disorder (PTSD) by helping you decrease distress about your trauma by engaging with reminders of the experience (triggers). The App helps you track your progress, appointments and PTSD symptoms. PE Coach is not a self-help tool and should only be used while in therapy with a provider.

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## NON-VA, FREE, MENTAL HEALTH SMARTPHONE APPS

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**MindShift** is an app designed to help people cope with anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

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**Relax with Andrew Johnson Lite** teaches relaxation techniques, which have helped with ME, pain control, insomnia, posttraumatic stress disorder and many other stress symptoms. It provides a great guided meditation session for relaxation, helpful with anxiety and stress as well as a sleep aid.

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**OneHealth Mobile App** allows users to join health communities, connecting with peer support to achieve better health and wellbeing. Support communities exist for a wide range of chronic behavioral and medical conditions, including addiction, tobacco cessation, depression, stress reduction, pain, PTSD, sexual trauma, diabetes, obesity, respiratory conditions, and caregiver/family support.

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**The Depression and Bipolar Support Alliance (DBSA) Wellness Tracker** allows you to keep track of your emotional, mental, and physical health. The tracker reports give you an at-a-glance summary of your health trends. This can help you better recognize potential health problems and mood triggers in your daily life, as well as help you better partner with your clinician on treatment plans.

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